

ABLE Bodies Participant Homework Session 15

Flexibility

Do the Whole-Body Stretch that you prefer, seated or standing, daily or often. Good range of motion in key joints will make you feel and function better!

Posture and Core Stability

Pick one each day

- Buddha's Prayer
- Show Me the Money
- High Rollers

Strength for a Purpose

These should all be familiar to you now. On 3 days, do each exercise 8 to 12 times, as tolerated, until you tire. Use the balance support you need.

- Teeter-Totter Chair Stands
- Clock Stepping—Take big, wide steps
- Standing Heel Raises

Balance

- Belly Steps
- Put Your Best Foot Up and Get Off Easy

PUT YOUR BEST FOOT UP AND GET OFF EASY

The Start

- Place your best foot on the step.

The Moves Up

- Shift your weight (think belly button style) over the foot on the step.
- When your weight has shifted forward, press down into it and lift yourself onto the step.
- Bring the other foot onboard. Stop and get your balance.

The Moves Down

- Lower your weaker leg to the floor. Toe down first is usually easiest.
- Keep your weight on the strong leg until the other foot touches down.
- Transfer your weight down, slowly.

Repeat several times until you feel confident and safe going up and down.

